

Abstract

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Title: Attitudes of Patients with Back Pain Towards a Healthy Lifestyle

Objectives:

The aim of this thesis is to investigate the attitudes of patients with chronic back pain towards a healthy lifestyle. The findings have been compiled to support their application in physiotherapy, with a particular focus on outpatient clinics, aiming to reinforce and improve the holistic therapeutic approach for patients suffering from back pain.

Methods:

The research was conducted using the online survey tool Survio. A questionnaire was designed with two sections: the first part focused on collecting demographic and characteristic data about the respondents, and the second part explored lifestyle factors and their impacts on patients. The questionnaire included four factors, each composed of 5 to 6 questions. Responses were rated on a scale from 1 to 5. The questionnaire was distributed through the outpatient clinic of the Rehab Center for Movement System Medicine in České Budějovice. The collected data were entered into Microsoft Excel and subjected to statistical analysis. In total, 132 respondents participated in the study.

Results:

The survey results among the group of patients with back pain revealed statistically significant differences only in the analysis of the subjective assessment of back pain. Differences were observed in three factors. For the factor of back pain and its impact, differences were identified across all three groups. The group that rated their back pain as minimal to mild (0 to 3) reported the least impact, while the group with severe to unbearable pain (7 to 10) reported the greatest impact.

For the factor of physical activity, differences were observed between the group with severe to unbearable pain (7 to 10) and the other two groups, with this group's responses being more negative. The final factor showing differences was health and dietary habits. Although post-hoc tests failed to identify specific pairs of differing groups, the closest statistically significant difference was between the group with severe to unbearable pain (7 to 10) and the group with

moderate back pain (4 to 6). On average, more positive responses were recorded in the group with severe to unbearable back pain.

In the gender analysis, a statistically significant difference was found between men and women only in the factor of physical activity, where men scored higher on average (3.54) compared to women (3.35) ($p=0.029$). For the other factors, no statistically significant differences were found between genders.

Keywords: Back pain, healthy lifestyle